

Hello runners,

Our next club run is one week from today--our annual, well-attended Memorial Day run and picnic:

Monday, May 30, 10 a.m.: Memorial Day 5K and 1-Mile Run/Walk, 114 Timberwilde Dr., Timberwilde Sub-Division, Huntsville (across Hwy. 30 from the fairgrounds). \$1 entry. Register at the starting point.

The start and finish are at Ken Johnson's house at 114 Timberwilde Drive in Huntsville. The race will be followed by a cookout. The club is providing meat and non-alcoholic drinks. If you will be staying for the cookout, please bring a side dish or desert. If you would prefer an adult beverage, please bring your own. So Ken can get an idea how many people will be attending the cookout, please email him at 1941runner@sbcglobal.net if you are attending. To get to his house, go west on Hwy. 30. When you get to the fairgrounds, turn right on Timberwilde Drive. Go to the 2nd house on the right. I hope to see you there!

** Club News **

On Tuesday, May 24, 6:30 pm, at the Huntsville Memorial Hospital Rehab Center, former SHSU Cross Country runner Melissa Keith is making a presentation, Running Smart--Understanding Appropriate Gait Patterns and Shoe Wear to Prevent Injuries for Runners. Taking the time to learn the proper techniques for running can help to prevent running injuries. A simple gait assessment can provide techniques to improve your running style, and can also help you select the right running shoe. The presentation is open to the public; call 291.4599 for more information.

Luke's Locker in the Woodlands gives a 10% discount to Seven Hills members, and has our roster--just give them your name and have the cashier look you up.

The Huntsville Half Marathon and 5K, scheduled for Oct. 22, is now less than six months away. I have here before me the Chamber of Commerce's flyer for tourists. It lists 15 annual events: four of those are runs, including the Half Marathon and the Rocky Raccoon series out at Huntsville State Park, which we regularly assist with. This run has about 400 entrants and raises thousands of dollars. We need volunteers, volunteers I say! Having enough volunteers for this big event is the single greatest need our club has this year. You can help out and still run the race, as this month's Runner of the Month did last year (see below).

Please e-mail me and say, Yes Darren, I am happy to volunteer!--or tell me at the picnic. It will make my day.

Also, in response to last month's request for input on where to donate the profits from this year's Half Marathon, I heard from five members--a good start. I would still be very interested in hearing your thoughts, either by e-mail or in person at the picnic.

Finally, a shout out to three runners with big achievements over the two months: Jerry Flanagan, who completed the Boston Marathon on Apr. 18; and Jacob Gautreaux and Ken Johnson, who each completed the Texas Marathon Triple, discussed in last month's club update. Special T-shirts and caps were issued at a dinner in Houston on May 3. Of the 40 runners completing the Triple, Jacob had the fastest overall time and Ken was the oldest. This was Ken's 4th straight year of completing the Triple. During the six-month period of October 10, 2010 to April 10, 2011, he ran 20 races of a marathon or longer. Wow. Just wow.

And remember to check out the Seven Hills web site, www.7hills.us, for the latest on everything. Ken's most recent "Running Shorts" column, if you missed it in the Item, is here: <http://7hills.us/RunningShorts.htm>. Recent race results for club members are here: <http://7hills.us/latestnews.htm>-- always up to date, and includes pictures. Please help our webmaster, Ken Johnson, keep up with your latest race times by e-mailing them to him at 1941runner@sbcglobal.net.

**** Runner of the Month ****

Mother's Day is in May, so this month, the honor goes to SHSU Career Services administrator Vinessa Mundorff, regular runner and the mother of three beautiful young children, Willow, Max, and Finn.

I first got to know Vinessa well volunteering at the food table for the Half Marathon in 2009, when she was soon to deliver Finn. She, my daughter Tammany, club member Anne Sigler, and I cut up more fruit and bagels than you can imagine. Well, the next year she wanted to run the race -- but that didn't stop her from going out beforehand and gathering about \$300 in food donations, shopping for food with me the afternoon before the race, and then writing thank-you notes to all of our donors. As a result, we had \$300 more in race proceeds to donate to SHSU and the YMCA last month.

Juggling a full time job, running, and being the mother of three children is a lot, but Vinessa pulls it off without a sweat. Therefore, with the powers

invested in me by Grapthar, Roman God of Running, Meatloaf, and Fruit Smoothies, I hereby declare Vinessa Mundorff Seven Hills' RUNNER OF THE MONTH. Congratulations Vinessa!

**** Runs and Related Events ****

Former club members Adrienne Langelier and Bill Dwyer are putting on an event, "Run for the Eagles," benefitting the W.S. Neal Eagle track team, located in East Brewton, AL, where the median income is 22,000. Many athletes not only struggle with the complications of poverty, but they have no matching uniforms currently and their track is unusable. After numerous local (in Brewton) fundraising efforts, Adrienne decided to fundraise in The Woodlands. The event costs just \$10, and you run as much as you want -- it lasts all day on Saturday, June 4, at McCullough Junior High in the Woodlands. E-mail Adrienne at Adrienne.langelier@gmail.com for more details.

Thank you everyone for helping make Seven Hills the "biggest little running club in Texas." If you have any questions, comments, or feedback, don't hesitate to contact me or any club officer. Happy Running!--Darren.

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